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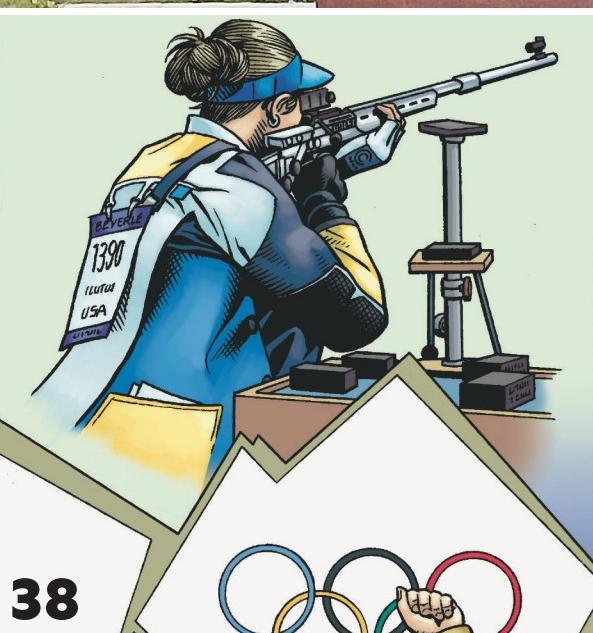
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**40**



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By Jeff Stoffer



View videos, read more stories and find resources at [legion.org](http://legion.org).

The American Legion Magazine, a leader among national general-interest publications, is published monthly by The American Legion for its 1.8 million members. These wartime veterans, working through more than 12,000 community-level posts, dedicate themselves to God and Country and traditional American values; strong national security; adequate and compassionate care for veterans, their widows and orphans; community service; and the wholesome development of our nation's youth.

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# Your Legion membership saves lives

Passage of the Sergeant First Class Heath Robinson Honoring Our Promise to Address Comprehensive Toxins (PACT) Act is destined to

save lives of veterans suffering from illnesses caused by toxic exposure they sustained while serving in the U.S. military.

Make no mistake: this overdue relief package would not have passed in Congress without the voice of the veteran. You – we – are that voice. The nation's largest organization of veterans rallied with loud and clear determination to achieve approval of the most comprehensive legislation in history to justly recognize sick and disabled veterans who had previously been ignored by the nation we all served.

We are thankful for the bipartisan support for relief. The American Legion has persistently pursued for years. Fairness and justice are now expected for millions of veterans exposed to the toxic fumes of burn pits, Agent Orange, a contaminated base in Uzbekistan and nuclear cleanup sites.

Big things happen when the American Legion membership targets a major issue. VA was established. The GI Bill changed the world. Illnesses linked to Agent Orange and atomic radiation exposure were first recognized, as was service-connected PTSD.

These realities – and thousands more – occur only because of our voice, one that is heard across the nation, on behalf of our fellow veterans.

To reduce veteran suicide through the Legion's "Be the One" movement, success is going to take a large number of ones. Like everything else we accomplish, progress happens only through membership retention, growth and voice.

We must recruit new Legionnaires, welcome them, give them responsibilities and share the purposes for which we associate – purposes like the PACT Act. And we must ask these veterans to set up auto-renew so we can expedite the process of rejoining each year.

The PACT Act is just the most recent example – and you can bet more are coming – of what a strong, audible American Legion membership can do to help veterans in need.

# THE AMERICAN Legion MAGAZINE

Veterans Strengthening America

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**'Driving Forces'**

On Henry Howard's story (June), it surprises me that folks are alarmed by the rate of veteran suicide. I distinctly remember the drill sergeant telling us, "... an unwritten rule of combat: Save a round for yourself." That stuck with me.

I made an attempt when I knew I was going to become homeless due to undiagnosed PTSD. Most days I am grateful I survived. Thanks to VA treatment, I was able to reconstruct my life.

Jack Power, St. Petersburg, Fla.

**'This Century's West Berlin'**

Regarding the article by Alan W. Dowd (June), Taiwan is closer in size to Maryland or Belgium than New Mexico, which is nine times larger. It runs about three times farther from north to south than from west to east. The eastern two-thirds of the island is far more rugged, mountainous and forested, with few east-west roads. Most of the population lives in the west-side coastal strip closest to mainland China, which means it effectively has a population density three times as high as the Palestinian-controlled areas of Israel.

It would be hard to defend Taiwan by the tactic of falling back to regroup, and there's not much room for fighting except in the western urban strip. This is where the collateral damage would be highest, and retreating essentially gives up the island. Defending Taiwan would take advanced weapons, nuanced planning, skilled practices, copious time, and strong, lethal and consistent allies that project power.

**THE  
AMERICAN  
LEGION  
MAGAZINE  
WELCOMES  
YOUR OPINIONS**

Include your hometown and a daytime phone number for verification. All letters published are subject to editing. Due to the volume of mail received, not every letter can be acknowledged.

The American Legion Magazine,  
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Joe Leavengood,  
College Station,  
Texas



**3**

Finishing position of Tony Kanaan in the 106th Indianapolis 500 on May 29, driving The American Legion's "Be the One" car. Alex Palou finished ninth, and Jimmie Johnson 28th after a late wreck.



Photo by  
Clay Lomneth

*"It rejuvenates me to do my day job after a weekend of riding. It's like an attitude adjustment."*

**Allyson Murphy, American Legion Auxiliary**

**Unit 40, New London, N.H.**, who is getting in her 100 Miles for Hope through motobikes, walking and Peloton. She's raised \$500 for the Legion's Veterans & Children Foundation and, by early May, logged more than 400 miles. Watch a video about Murphy's motobiking at [legion.org/magazine](http://legion.org/magazine).

This year's challenge runs through Sept. 5. Register and learn more at [legion.org/100miles](http://legion.org/100miles).

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— J. Fitzgerald, VA



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**'Window to Legion history'**

After reading the article about the Indiana post's window (The FOB, June), American Legion Post 3 in Hanford, Calif., would like to share a bit of our history as well. Post 3 was established in 1919 and the Veterans Memorial Building built in 1925. The post was in competition for the honor of being Post 2, but with the flip of a coin we lost to Coalinga, which had submitted its charter paperwork the same day. Our stained-glass window was installed in 1924 as the building was being built. Recently, our Auxiliary unit took the initiative to restore it.



*Julie Edwards, adjutant,  
American Legion Post 3, Hanford, Calif.*

**'Rally around the flag'**

I agree with National Commander Paul E. Dillard's remarks about rallying around Old Glory (Commander's Message, June), but what if we can't get a flag to rally around? This Memorial Day, our post was unable to obtain flags to place on veterans' graves due to a "supply and delivery" shortage. This should never, ever be allowed to happen in a country as great as ours.

*Michael S. Proper, Harrisburg, Pa.*

**Social Security fairness**

I was pleasantly surprised by J.J. Montanaro's article discussing the Windfall Elimination Provision/Government Pension Offset (WEP/GPO) that affects close to 2 million retirees (Rapid Fire, June). I am one of them. However, the Social Security Fairness Act (H.R. 82, S. 1302) would repeal these onerous provisions. In addition to being a member of the Legion, I am also a member of the National Active and Retired Federal Employees Association, which has been pursuing repeal for years. Hopefully, it will happen in this session of Congress so that many of us can receive the true Social Security amount we earned.

*Jerry Rubin, Randolph, N.J.*

**THE PLAYLIST**

American Legion videos you don't want to miss.



*Photo by Jeric Wilhelmsen*

**Emotional moment at California Boys State**

American Legion Boys State participants from California pause to remember and honor veterans and fallen servicemembers.

**'You have to be that one person'**

Crystal Lake, Ill., American Legion Post 171 raises awareness that mental health resources are available for veterans and first responders.

**On the road**

Buffalo Soldier re-enactors kick off Iron Ride to honor quasquicentennial celebration of the historic ride from Montana to Missouri in 1897.

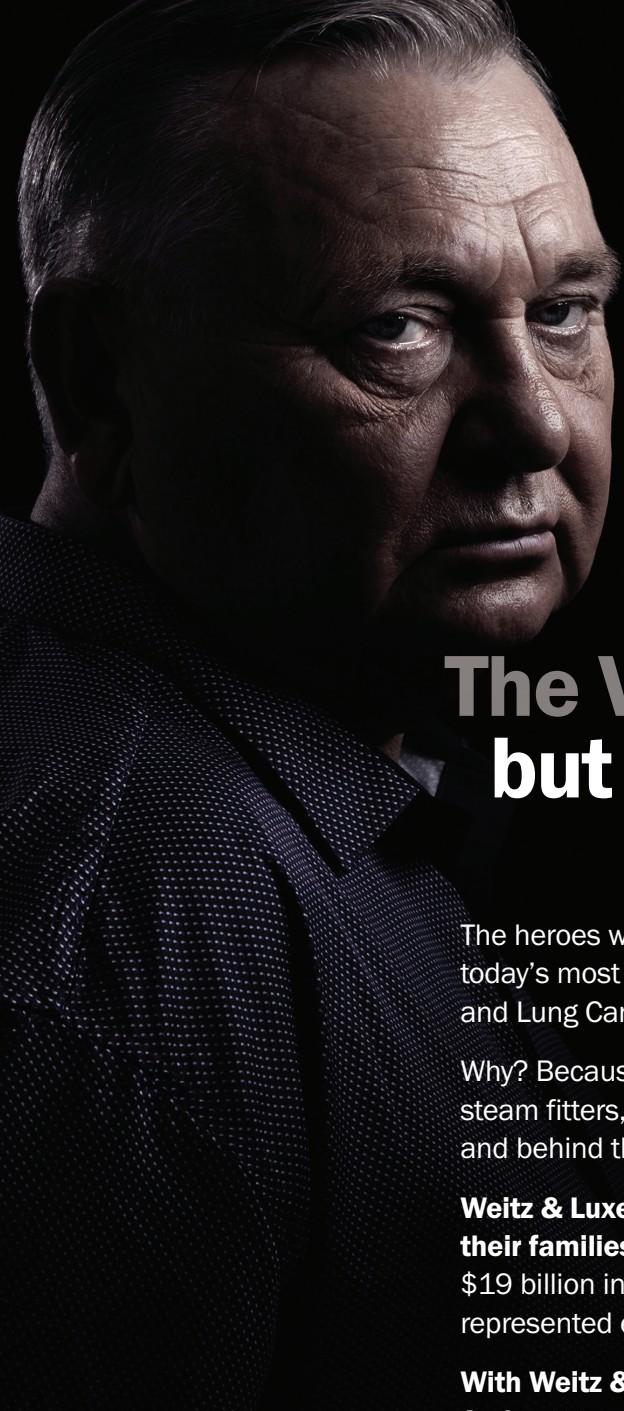
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**7,460**

Meals served  
by Olson-Reid  
American Legion  
Post 250 in Castlewood,  
S.D., after devastating storms, including an EF-2  
tornado, tore through the community May 12. A total  
of 224 volunteers worked 1,342 hours over eight days  
to help people through the crisis.

*Photo courtesy Olson-Reid Post 250*



# The Vietnam War was hell, but nothing like fighting Mesothelioma

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## Whereas ...

**Human trafficking is, in essence, a form of modern-day slavery**, especially in regard to the sex trade ...

This horrific crime claims nearly 40 million victims worldwide, and it disproportionately affects women and girls, as well as other vulnerable populations ...

**Increased community education and overall training is necessary** to identify victims of human trafficking to create awareness of prevention programs addressing human trafficking and re-trafficking for those in the school system, health-care industry and other community venues required to educate the general public ...

**Every business, community organization, faithful congregation, family unit and individual can make a difference** by choosing products that are not made by forced labor; by working on strategies to protect our youth from sexual exploitation; by addressing the problem of internet sex trafficking; by becoming more aware of the problem and possible solutions by creating community outreach and education initiatives, legislative advocacy, training, promoting services to survivors of human trafficking and collaborating with law enforcement ...

### Be it resolved ...

The American Legion supports the slavery and human trafficking prevention and awareness programs and laws in our nation ...

Legionnaires are encouraged to be vigilant and report suspicious activity to create solutions to end trafficking in all its forms in our communities, and report anything suspicious to the National Human Trafficking Hotline ...

The American Legion strongly endorses the development and implementation of processes that prevent and expose the horrific conditions of human trafficking ...

The American Legion encourages government funding of research and development that would address gaps in knowledge.

**Passed**, American Legion National Executive Committee Fall Meeting, Oct. 6-7, 2021

## New Jersey Legionnaires give veteran 'best medicine' with Buddy Check

American Legion

Post 184

Commander Norman Marlin was sitting in his office at the post home in Wildwood, N.J., when

department and national leadership walked in June 8. They were there to do a Buddy Check.

"We know you've been through some tough times," Chuck Robbins, a past Department of New Jersey commander and National Executive Committeeman, said to Marlin. "You're a valuable part of this whole department and everything The American Legion does for our community, our veterans, our programs. We just want to show you how much we care about you. We're here for you."

Marlin was diagnosed with stage 4 lung cancer last year and recently completed chemotherapy.

"I appreciate it a lot," said an emotional Marlin. "You don't know how much it touches my heart."

Those surrounding Marlin for the Buddy Check included Robbins, Department Commander Daniel Dunn, National Vice Commander Cory Bates, National Executive Committeeman Berley Hanna Jr., and others. Leadership was in town for the department convention at the Wildwood Convention Center, a few blocks from Post 184.

"You were one of the guys who got to mentor me," Dunn told Marlin. "I appreciate everything you've done, everything you continue to do."

- Cameren Richardson

Watch a video of Marlin's surprise Buddy Check:  
[legion.org/magazine](http://legion.org/magazine)

**6,395**

American Legion posts that conducted Memorial Day events, programs or observances during the 2020-2021 membership year, with only 62% of posts reporting



Photo by Mike Kepka



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66	\$35.90	\$26.35	\$70.80	\$51.70	\$105.70	\$77.05	\$175.50	\$127.75
67	\$37.05	\$27.25	\$73.10	\$53.50	\$109.15	\$79.75	\$181.25	\$132.25
68	\$38.70	\$28.95	\$76.40	\$56.90	\$114.10	\$84.85	\$189.50	\$140.75
69	\$39.75	\$30.60	\$78.50	\$60.20	\$117.25	\$89.80	\$194.75	\$149.00
70	\$43.85	\$32.45	\$86.70	\$63.90	\$129.55	\$95.35	\$215.25	\$158.25
71	\$45.60	\$34.25	\$90.20	\$67.50	\$134.80	\$100.75	\$224.00	\$167.25
72	\$47.70	\$36.00	\$94.40	\$71.00	\$141.10	\$106.00	\$234.50	\$176.00
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## Legion media receive multiple awards

The American Legion was recognized at the 42nd annual Association Media & Publishing EXCEL Awards competition June 22.

In the category "Pandemic Response: Dedicated Issue," the Legion won the Gold Award for "COVID OPERATIONS: The American Legion Family's Response to the Global Pandemic." The 84-page bookazine documented how American Legion members served their communities during the early months of the COVID-19 outbreak.

In the podcast category, the special Tango Alpha Lima 9/11 series received the Bronze Award. This is the third award for the series, which featured 20 unique stories in the weeks leading up to the 20th anniversary of the terrorist attacks.

"These awards demonstrate the power and impact of American Legion media," National Media & Communications Commission Chairman Dave Wallace said. "As the world of media rapidly evolves, this recognition is a clear indication that we are delivering content that matters to our members, in print and electronic formats."

## Scholarships available through ANAVICUS

Army, Navy and Air Force Veterans in Canada was founded in 1840. In 1953, a U.S. charter was presented during The American Legion's national convention in St. Louis, where the first ANAVICUS meeting was held. Members are past national commanders and other distinguished Legionnaires, by invitation only.

Each year, ANAVICUS presents 10 scholarships in memory of distinguished members. Many are based at specific educational institutions, including Merrimack College, Carroll College, Trine University, Saint Anselm College, Iona College and Furman University. Others are available to ROTC cadets and descendants of ANAVICUS members.

Learn more at [legion.org/scholarships](https://legion.org/scholarships).



Photo by Kim Dipre

## 'That was all he needed'

In May, Keys Memorial American Legion Post 145 in Islamorada, Fla., organized a National Poppy Day event, filling its M37 weapons carrier with poppies and displaying two battlefield crosses with sandbags labeled with U.S. war dates and battle deaths.

From there, Post 145 members took the M37 to a local rehabilitation center, where they met a Vietnam War veteran, David, who had suffered a stroke. His wife, Helena, was looking for something David could wear to identify him as a Navy veteran. One of Post 145's members offered David his Navy ball cap.

The next day, David's health worsened, and hospital staff offered to call a chaplain. Helena replied that members of the Legion had visited: "That was all he needed." Coincidentally, his nurse was the daughter of the man who gave David his Navy hat. He offered to stay with David that night so Helena could rest. "A vet watching over a vet," she said.

When David died in the early hours on Memorial Day, he was covered with a U.S. flag and a poppy.

- Submitted by Kim Dipre, Keys Memorial American Legion Post 145, Islamorada, Fla.

THERAPY, SAFETY AND INDEPENDENCE

# How a Safe Step Walk-In Tub can change your life

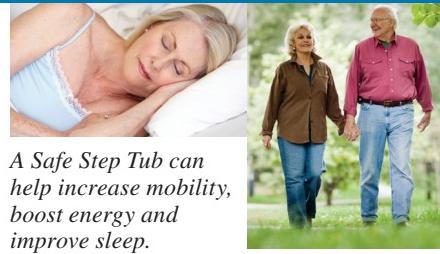
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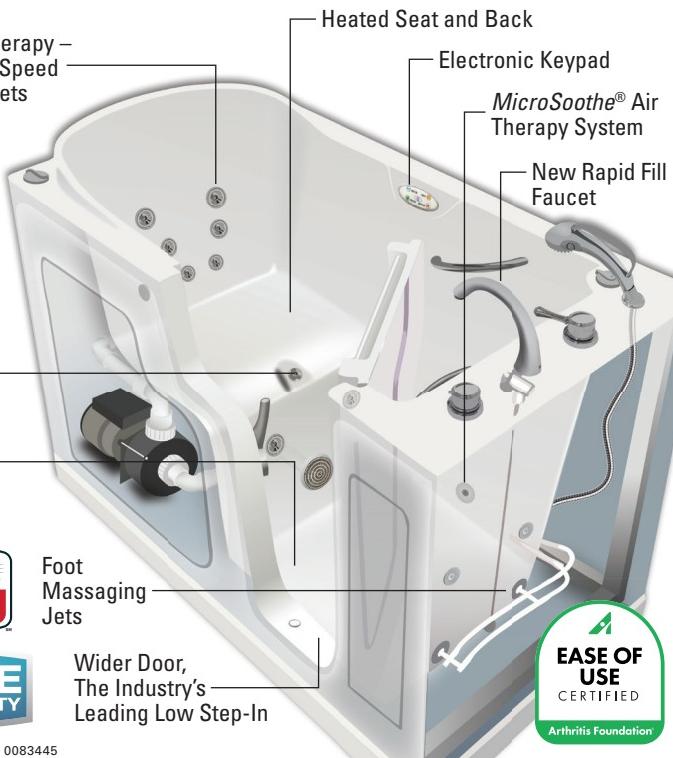
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# A primer on intermittent fasting

Intermittent fasting is growing in popularity. For those unfamiliar with the practice, intermittent fasting is when a person purposefully fasts for most of the day and takes in calories only within a specific block of time. Typically the fast lasts between 12 and 16 hours.

**The history** Our hunter-gatherer ancestors didn't have the modern luxuries of grocery stores, refrigerators or easy access to food. As a result, humans have evolved to be able to function without food for extended periods of time. Fasting has also been practiced for centuries for religious or spiritual reasons.

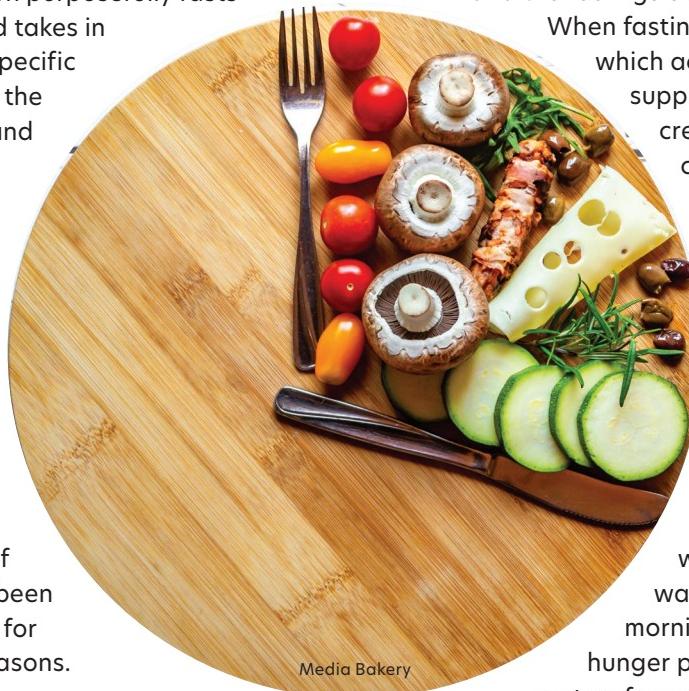
**The benefits** According to the National Institute on Aging, fasting improves biomarkers of disease, reduces oxidative stress, and preserves learning and memory functioning. High insulin levels are often the culprit for diabetes and obesity. Between meals, insulin levels will go down and fat cells can then release stored sugars to be used as energy. We lose weight and improve our health if insulin levels fall. The idea of intermittent fasting is to allow the levels to go down far and long enough that we begin to burn off our fat stores.

**The timing** Our metabolisms have adapted to a daytime-food, nighttime-sleep schedule. Late-night eating is linked to a higher risk of obesity and diabetes. While studies show fasting to be effective, it's often hard for people to follow. It's important to find a schedule that works with your lifestyle for it to be effective and sustainable, especially when combined with a plant-based diet. Many find eating between noon and 8 p.m. works best.

**The start** If you usually eat breakfast, this may be a challenge for you. In time, your body will adapt and the feelings of hunger will subside.

When fasting you can have caffeine, which acts as an appetite suppressant. Stay away from creamers, sugar or other calories in your coffee or tea; those calories will break your fast. Stick to an all-natural, zero-calorie sweetener like stevia or monk fruit.

**The secret** Drink plenty of water. Often when we feel hungry, our body is confusing it with thirst. Consuming water first thing in the morning will help alleviate hunger pangs and flush out your system from overnight.



Media Bakery

Army veteran Jennifer Campbell is a certified personal trainer with a master's degree in nutrition education. She is commander of the California American Legion's 24th District.

**\$295,000**

Amount needed for medical expenses by an average retired couple  
Source: Fidelity Investments

**2.9**

Doctors per 1,000 patients in the United States  
Source: Statista

**66.5%**

Bankruptcies tied to medical issues, because of high costs of care or time out of work  
Source: American Journal of Public Health

Living Well is designed to provide general information. It is not intended to be, nor is it, medical advice. Readers should consult their physicians when they have health problems.



Media Bakery

## Are plant milks right for you?

BY MICHELLE GIBEAULT TRAUB

Noticed the growing number of beverages in your grocery store's dairy case? These "milks" don't contain dairy at all; instead, they are made from plant foods such as coconut, almonds, cashews, oats, soy and rice. We're often told that dairy products are the best source of calcium and vitamin D, which support strong bones and healthy teeth. So why all these new options?

For some, the answer simply comes down to personal preference. However, there are also considerable health concerns driving this nondairy trend. An estimated 30 million American adults cannot digest lactose, the natural sugar found in dairy products. These people experience gas, diarrhea or bloating after consuming cow's milk. And approximately 6 million Americans – predominantly children – are allergic to cow's milk, a condition that can require emergency medical treatment. The Physicians Committee for Responsible Medicine asserts that the saturated fat found in cow's milk can increase the risk of heart disease and certain cancers. Additionally, based on ethical and environmental concerns, some Americans opt to avoid animal products in favor of a vegan lifestyle.

However, other people simply prefer the taste, creaminess and versatility of cow's milk. Like plant milk, it comes in a variety of flavors and fat contents. Lactose-free options and supplemental enzymes are also available for those who are lactose intolerant. These are easy to find at convenience and grocery stores. They can also be a more economical choice, with some plant milks costing twice as much.

Regardless of which milk you prefer, it is always important to read labels. Plant milks are made by soaking the chosen nut, bean or grain, grinding that material with water, and then adding flavorings, nutrients and often sugar. This means some milks are high in sugar, or lack the amounts of calcium, vitamin D, protein and vitamin B12 that make dairy so valuable. Look for plant milk that is fortified with at least 250 mg calcium and 2.5 mcg vitamin D. Also, choose unsweetened options, preferably with less than 12 grams of sugar per cup.

*Michelle Gibeault Traub is a dietitian and health writer based in Connecticut.*

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# 5 tips to save on car rentals

**Plan ahead, watch prices and take advantage of perks.**

BY LYN METTLER

If you've traveled in the past year and needed a rental car, you likely encountered high prices and/or lack of availability. Low demand at the start of the pandemic and car rental agencies selling their inventory, coinciding with a shortage in chips used to make new cars, resulted in a lack of supply needed to meet demand once travel picked up.

Here are five tips to help you navigate what's been called the "carpocalypse":

**Book in advance** While always good advice when it comes to car rentals, which are usually cancellable, booking in advance will help ensure you have a car for your trip. Supply will diminish as more people book travel, further raising the price. Make sure the reservation is indeed cancellable at no charge.

**Join free loyalty programs** Being a member of car rental companies' loyalty programs can often provide benefits that allow you to skip the line, get faster service or upgrade your rental. Additionally, some travel credit cards offer automatic status with select car rental companies. Check the perks of your travel cards to see if you can take advantage.

**Track the price** Regularly checking to see if the price of your car rental has dropped is a good practice. You can then cancel and rebook if you find a lower price. I like the free service AutoSlash, which emails you if it finds a lower price after your initial booking. AutoSlash can also help find you the lowest initial price at no cost.

**Use an alternative** A popular alternative – especially in Hawaii, where the car rental crisis became most dire – is a service called Turo. Turo is the Airbnb of car rentals, where private car owners loan you their car for a price per day. It tends to cost significantly less than a traditional rental, allows you to pick the exact car you'll be driving (including high-end sports cars and Teslas), and has no line, with you picking up the car directly from the owner at the airport or other preplanned location. Make sure your personal auto insurance covers your rental; otherwise, you can purchase insurance via Liberty Mutual from Turo, as traditional car rental insurance does not cover it.

**Get creative** Last summer my family planned a trip to Wyoming and Yellowstone National Park, and we struggled to find car rentals. (There was a \$5,000 per week option, but no thanks.) While we did not end up going, we considered renting a U-Haul, asking if local car dealers would loan us a car or even shipping our own car to the destination. Some people use Craigslist for personal car rentals, but beware of scams.

Lyn Mettler is a freelance travel writer who blogs at [gototravelgal.com](http://gototravelgal.com).



Travel delays and cancellations are common right now. Of more than 2,600 Allianz Partners USA customers surveyed, 90% said they were likely to purchase travel insurance for their next trip.

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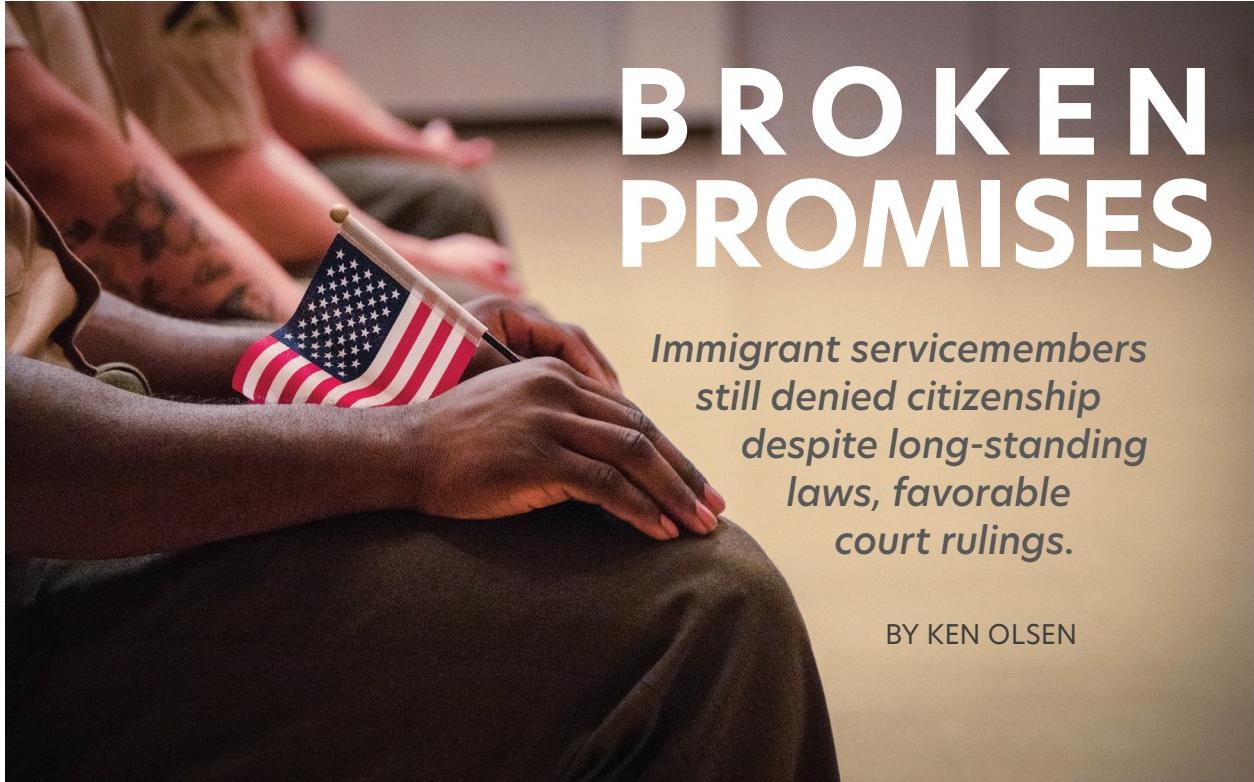
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# BROKEN PROMISES

*Immigrant servicemembers still denied citizenship despite long-standing laws, favorable court rulings.*

BY KEN OLSEN

*U.S. servicemembers participate in a naturalization ceremony at the Camp Foster Community Center in Okinawa, Japan, on April 25. U.S. Marine Corps photo by Lance Cpl. Jonathan Beauchamp*

**M**ario Marquez's distinguished Marine Corps career was almost derailed by the hostility he faced while trying to obtain the U.S. citizenship he earned with his honorable military service.

"I loved being a Marine," says Marquez, director of The American Legion's National Security Division and a retired sergeant major who served four combat tours in Iraq.

"I was very disappointed in the immigration process, the procedures, the crap I was put through time and time again. It becomes an intimidating deterrent for people who want to become citizens."

Marquez is fortunate to have successfully navigated the fraught system. The United States has deported thousands of foreign-born veterans over the past 25 years after failing to grant them the citizenship they were due after they signed up to serve. These former servicemembers are separated from their families, unable to draw Social Security or

access VA health care, and face extraordinary hurdles getting VA disability benefits for their service-connected injuries.

"Too many immigrant veterans who have proudly served our country have been pitilessly deported," Marquez says. "We owe it to them to fix this injustice."

A bill before Congress – the Veteran Service Recognition Act – would assist immigrants in obtaining citizenship through military service, provide a military advocate to servicemembers and veterans facing deportation, and help bring deported veterans home, Marquez says.

The American Legion has advocated for foreign-born servicemembers and veterans to receive citizenship for more than 100 years. Yet the way is littered with obstacles, National Commander Paul E. Dillard says. "It's time for members of Congress to act and ensure that the path to citizenship through service is simplified for our comrades who defended our – their – nation with honor."

**Through the wringer** Immigrants have been an essential part of America's fighting forces since the Revolutionary War. Congress passed the first of many laws providing expedited citizenship for military service in 1812. Since 1952, federal law has allowed lawful permanent residents, or green card holders, to become citizens after a year of honorable peacetime military service. It also provides for naturalization immediately upon enlistment during wartime or presidentially designated periods of hostility.

Yet many eligible servicemembers were never naturalized, misled into believing they automatically became citizens when they joined the military. Others applied only to have the government misplace their paperwork, or missed notices they needed to complete various parts of the process because they had deployed or transferred to a new duty station.

Marquez dealt with similar problems multiple times. His family immigrated from Mexico to California when he was 3. He joined the Marines at 18 without knowing anything about the citizenship process. "Nobody talked about it at boot camp," he says. "Nobody talked about it at MOS school." That changed at his first overseas duty station on Okinawa, where fellow Marines discouraged him from applying. "People were like, 'Dude, don't waste your time. You'll have to go to Guam or Hawaii and you'll have to pay for the ticket to get there.' And I was just an E-3 making \$300 a paycheck."

Meanwhile, Marquez was a magnet for U.S. customs agents when he came home on leave from Japan because he wasn't a U.S. citizen. "They pulled me aside and ran me through the wringer – even though I was in uniform," he says. "Early on, it made me not want to go through the (citizenship) process."

Marquez married a Japanese woman while serving on Okinawa. She accompanied him to the United States on a temporary immigration status known as humanitarian parole when he was transferred to Camp Pendleton, Calif., in 1995. He filed his citizenship application soon after he arrived, and the misery began.

"I felt like I was going to court every single appointment," Marquez says. "People were rude. They were threatening. I got treated better out of

## SUPPORT THE LEGION'S LEGISLATIVE AGENDA

Use your smartphone to scan the QR code, which links to a sign-up page for American Legion Legislative Action Alerts. These alerts cover legislation supported by the Legion, including H.R. 7946, the Veteran Service Recognition Act. From there, users can contact their elected officials in Washington and encourage them to support the legislation.



uniform than in uniform at the San Diego immigration office." He got letters of support from his commanders, and his senior NCO even accompanied him to one of his appointments because he felt even more threatened when he went alone. "Immigration didn't care," he says.

Marquez also missed appointment notices from the immigration office during deployments to the Middle East and Central America, nearly dying from dengue fever while serving in Guatemala. He and his wife also moved four times, further complicating his application and putting his future at risk.

"I had to become a U.S. citizen in order to be promoted to an E-6," Marquez says. "And the only way to be security-clearance eligible is to be a U.S. citizen."

He filed a green card application for his wife as soon as he had his citizenship. Her four-year journey through the immigration system was equally hellish. While he was on ship training in 2002, she called to tell him her green card application had been denied because she had inadvertently missed an important U.S. Citizenship and Immigration Services (USCIS) appointment.

"I was so scared they were going to deport her," Marquez says. He contacted U.S. Rep. Linda Sanchez, D-Calif., just prior to boarding a ship for the Middle East. Sanchez helped Marquez's wife get another appointment with USCIS – and to finally get a green card.

The victory was bittersweet. Marquez's wife couldn't work during her first three and a half years in the United States, leaving the couple to



*Mario Marquez secured U.S. citizenship while serving in the Marine Corps, but calls the process an "intimidating deterrent" for immigrant servicemembers.*

Photo courtesy  
Mario Marquez

rely solely on Marquez's modest salary, sometimes collecting aluminum cans to come up with gas money. Once she finally received her green card, "we then went through 20 years of combat operations and deployments," he says.

In addition to his four tours in Iraq, Marquez was deployed everywhere from Kosovo to Japan for the earthquake, tsunami and Fukushima disaster response. He became the senior enlisted Marine in the Middle East and wrapped up his distinguished 31-year career in the Pacific. And while his experiences with the immigration system may seem dated, many of the problems remain.

"People still feel like it's an uphill process and an intimidating process," Marquez says. That will persist until Congress fixes the flaws. This includes mandating that DoD and USCIS join forces to ensure the citizenship process begins when an immigrant enters the military, Marquez says. Given the all-consuming training and deployment demands, it's also important servicemembers have access to online immigration interviews.

"If I can attend my brother's wedding from Iraq on Zoom, servicemembers ought to be able to attend immigration appointments virtually from overseas," he says. Overall, the proposed reforms are "going to prevent future Marios from going through the denigrating process and being treated like me."

**Citizenship thwarted** Indeed, changes in federal law over the past 25 years have made it

easier for immigrants to get deported while making it more difficult for them to become citizens. Congress passed measures in 1996 prohibiting immigration judges from considering military service as a mitigating factor in deportation cases and significantly expanded the types of offenses that result in mandatory expulsion from the United States. As a result, writing bad checks, misdemeanor theft, filing a false tax return, failing to appear in court or possessing even a small amount of drugs with intent to sell are considered aggravated felonies in immigration court, requiring deportation and barring defendants from ever becoming U.S. citizens, says Jennie Pasquerella, director of immigrants' rights for the ACLU of Southern California.

DoD and USCIS worked to make it easier for servicemembers to naturalize during the George W. Bush administration, posting immigration personnel at key military bases to help servicemembers complete the citizenship process in boot camp. DoD also created the Military Accessions Vital to the National Interest (MAVNI) program in 2008 to enable recruitment of foreign students and undocumented immigrants with important foreign language or health-care skills, says Margaret Stock, a leading immigration attorney who was the MAVNI project officer until retiring from the Army Reserve in 2010. Although quite successful, both programs were dismantled by the Trump administration.

DoD has also made it incredibly difficult for immigrants to obtain the certificate of honorable service they need to qualify for U.S. citizenship. A federal judge ruled that practice is illegal in 2020 in response to a class-action lawsuit filed by the ACLU. The Trump administration's appeal is pending. And while the Biden administration says it has discontinued the policy, servicemembers still struggle to get DoD to provide the honorable service documentation, says ACLU attorney Scarlet Kim. In fact, the ACLU recently asked a federal judge to enforce the 2020 court order directing DoD to stop thwarting immigrants' efforts to get their certificate of honorable service. The judge declined.

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**Mata's journey** Army combat veteran Mauricio Hernandez Mata is a casualty of these draconian deportation laws, bureaucratic failures and broken promises. He came to San Diego from Mexico with his mother when he was 7, and took the first step toward citizenship after his mother naturalized when he was 15. USCIS sat on his green card application until he was too old to qualify for derivative citizenship.

The Army never mentioned that Mata qualified for citizenship after he joined in 2000. He re-enlisted for a four-year hitch while fighting in Afghanistan, but was nearly killed by knife-wielding muggers in San Diego in 2005. His injuries forced him to leave the Army. He planned to re-enlist after he recovered.

Mata struggled with PTSD, anxiety and depression, and instead ended up behind bars for 18 months for possession of meth and a firearm. He was deported in 2010. Missing his family, he returned to California, was convicted of illegal re-entry, served another 37 months in prison and was again deported in 2012.

A federal appeals court ruling last summer appeared to clear the way for Mata to obtain the U.S. citizenship he should have received as a teenager. And after the ruling, the federal government joined Mata's attorneys in asking an immigration court to dismiss his 2009 deportation order – which an immigration judge did in September. But USCIS has since decided Mata didn't qualify for citizenship after his mother naturalized when he was 15.

As it stands, Mata's green card was restored when the immigration court dismissed the 13-year-old deportation order. Without citizenship, however, there's no guarantee he won't be deported again, says ACLU attorney Andres Kwon, who represents Mata.

Mata is determined to not end up back in the violent Tijuana neighborhood where he landed after being kicked out of the United States – taking refuge, along with his wife and daughter, in the only room in their small house with bulletproof walls when gunfights broke out nearby. His attorney is appealing USCIS' decision. In addition, Kwon is helping Mata pursue citizenship through his honorable military service.

*Army combat veteran Mauricio Hernandez Mata returned to the United States in February for the first time since he was deported 10 years ago. He continues to seek U.S. citizenship he earned through honorable military service.* Getty



He returned to the United States for the first time in a decade on Valentine's Day, hugged his mother on U.S. soil and satisfied his craving for an American hamburger. "I went to Carl's Jr. Then Jack in the Box. Then Denny's," Mata says.

His wife and daughter were granted humanitarian parole and crossed the border in mid-April. Mata's looking for a small apartment where they can make a new start. He's preparing for a VA hearing regarding his PTSD disability rating, and working to get his driver's license and military ID restored. All while trying to secure the citizenship he should have received years ago and helping care for his mother, who has early-stage Alzheimer's.

Mata wrestles with the survivor's guilt and suicidal thoughts he brought home from his combat tour in Afghanistan. He owns the mistakes he made after the muggers cut short his military career, served his prison time and paid his debt to society. Now all he wants is a second chance so he can take care of his family and help other former U.S. servicemembers who ran afoul of the immigration system.

"My goal has been not just to get home, but to get other guys home and bring awareness to the deported-veterans issue," Mata says. "I would ask that anybody who served during a time of hostilities of their own accord get a second chance. They would give an American citizen who didn't serve a second chance." ☮

*Ken Olsen is a frequent contributor to The American Legion Magazine.*

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# RISE OF THE SONS

BY JEFF STOFFER

*Male descendants of wartime veterans celebrate 90 years of service with an eye on continued growth and support.*

**M**ichael Fox was too young to debate his destiny. On the day he was born, his grandfather, Ed Fox, a World War II Army Air Corps pilot, made him a Sons of The American Legion member.

Now, 42 years later, that grandson is national commander of the program, which commemorates its 90th year this month with its 50th national convention and stands at the brink of an all-time high in membership.

"For me, not only is it an honor – it's a privilege," Fox said of his year at the helm of an association of male military descendants that has provided countless acts of assistance to the nation's largest organization of wartime veterans for nine decades.

"The Sons – we are doers. We come up with a vision or a plan, and we get it done. We take action."

The Sons logged 1,706,138 volunteer hours in 2020-2021, according to the most recent year-end report. Those hours, plus donations, amounted to more than \$54 million in support to the Legion, its programs and values. Heading into the final stretch of 2022, the Sons were on pace to break the 375,540 previous high-membership mark, set in 2019. Also this year, the Sons have placed more than 1.3 million U.S. flags at veterans' graves across the country as part of Fox's "Flying Flags for Heroes" service project.

Such measurable performance is not unusual for the Sons. The number of hours members spend



*Sons of the American Legion walk to the World War II Memorial during a wreath-laying tour in Washington, D.C.*

Photo by Ben Mikesell



## Five-Point Program of Service

### Patriotism

Love of flag, love of country

### Citizenship

Individual obligation of citizenship

### Discipline

Respect for and obedience to rules

### Leadership

Participation in group activities

### Legionism

Knowledge of The American Legion

## Sons on the big screen

On Sept. 18, 1938, Paramount Pictures released the 60-minute feature film "Sons of the Legion," featuring future stars Donald O'Connor ("Singin' in the Rain") and William Frawley ("I Love Lucy"), about a group of boys who cannot start a Sons of The American Legion squadron in their local post because they discover one father received a dishonorable discharge. But was it really dishonorable? That's the mystery the boys come to unravel.



volunteering at VA health-care facilities exceeds 400,000 a year, to go along with more than 27,000 personal visits annually to veterans by members. In 2017, the Sons delivered \$597,414 to the American Legion Child Welfare Foundation (CWF), its largest single contribution to date, plus \$300,000 for the Legion's Temporary Financial Assistance program, a gift to the parent organization heading into its centennial. In May 2022, the Sons broke \$9 million in overall donations to the CWF since the foundation became an SAL emphasis in 1986.

"The amount of fundraising the Sons have done to support programs of the Legion has been monumental," Fox said. "It's something the Sons take a lot of pride in – that and sponsoring so many Boys Staters, American Legion Baseball teams, Scouting troops ... the Sons take an active role."

Sons of The American Legion squadrons support the Legion in innumerable other ways. During the COVID-19 pandemic, for instance, squadrons

across the country contributed labor, materials and funds to help keep Legion posts afloat at a time when normal business activities were curtailed but local community services were needed more than ever. During the height of the pandemic, Sons of The American Legion members were preparing meals, distributing protective gear, donating blood, delivering supplies, checking on veterans and stepping up during natural disasters.

One example: Sons of The American Legion Squadron 400 in Topeka, Kan., teamed up with the Community Blood Center there for an October 2020 blood drive that Squadron 400 Commander Jeff Kerns said typified the organization's sense of responsibility.

"The (SAL's) mission is to help veterans in any way or form that we can, and they need blood," Kerns told a local television station at the time. "It may just be for a transfusion. It may be for an accident. It's just a way for us to help give back."



In capes and caps, the Riverside, R.I., Sons of The American Legion Squadron 10 marksmanship team takes aim in the 1930s. American Legion Archives

After its formal establishment in 1932, the Sons grew steadily during the 1930s to more than 70,000 members. They formed competitive drum and bugle corps, color guards and marksmanship teams that promoted gun safety as well as healthy competition, much like the Legion's Junior Shooting Sports program today.

The Sons also worked alongside Legionnaires in disaster-relief efforts. "Put briefly, you name it, and if the boys of a well-organized squadron are big enough, they'll find a way to handle it," John Andreola wrote in the February 1966 *American Legion Magazine*.

When the United States entered World War II, the majority of those young men joined the U.S. Armed Forces, and membership plummeted. "Sons worked in civilian defense, helped operate aircraft warning posts, participated in war bond drives and collected all kinds of scrap to help the war effort," Andreola wrote. "They went to work in defense plants, and finally, enlisted in the armed services. Many never returned from the war."

Founding Sons who served in World War II came home eligible for American Legion membership, and that helped the parent organization reach its highest-ever membership year in 1946.

Through the late 1950s and early 1960s, numbers inched upward to more than 15,000, and national workshops and caucuses were conducted to chart a new future. The modern Sons took shape in 1972, with a leadership reorganization that closely

matched that of The American Legion, complete with a refreshed constitution and by-laws, a national commander, national adjutant, national vice commanders and an annual national convention.

Robert Faust of California was 20 when he became the first national commander of the Sons at the first national convention in 1972 in Chicago. It was a time of transition from the workshop-and-caucus days into its current identity. Faust's national convention convened in Honolulu in 1973, where rooms were so scarce "we actually met outdoors, under a canopy," he recalled. "So we got to be less formal."

A new vision topped the Sons' national agenda. "Basically, it was building the organization – lines of communication ... and building membership," Faust said. "Growth was foreseen."

Numbers increased steadily in the years that followed. Membership jumped by 4,000 in 1974 to surpass the 20,000 mark, the first of many milestones. By 1990, the Sons numbered nearly 125,000. Seven years later: 200,000. In 2005: 300,000. Thirty-five straight years of increases led to an apex in 2019 of more than 375,000 members. Only a two-year global pandemic could stall the momentum, which has now resumed.

In October 2021, the SAL National Executive Committee passed a resolution to make a \$500,000 donation to the American Legion Veterans & Children (V&CF) Foundation, which supports American Legion service officers and funds Temporary Financial Assistance grants for military and veteran families facing unexpected economic hardships.

The seeds of these contributions were planted in the early 1970s when the Sons adopted a mission to tangibly – and financially – support American Legion programs and services. "Every detachment was encouraged to help their departments and get fundraising projects going, so we could live up to our promise to be a cash cow," Faust said.

In the years ahead, the Sons would become the nation's single largest contributor to the CWF,

## The Ten Ideals

- PATRIOTISM
- HEALTH
- TRAINING
- KNOWLEDGE
- HONOR
- FAITH
- HELPFULNESS
- COURTESY
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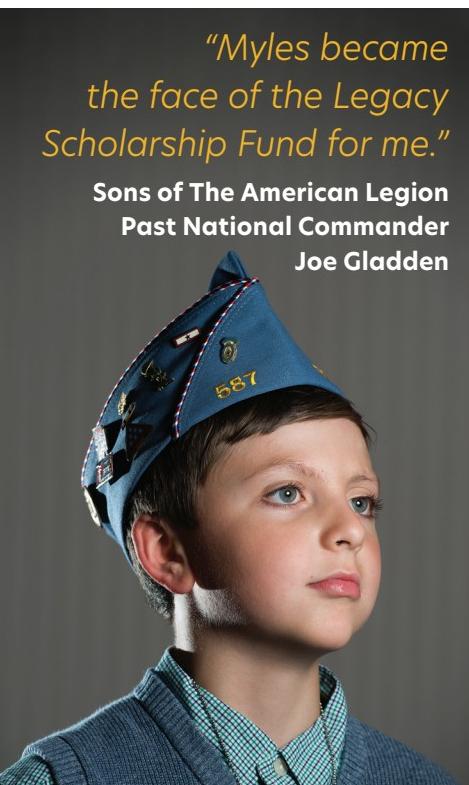
which provides grants for organizations that help children facing challenges ranging from autism to neglect. The Sons would also supply a massive volunteer stable for American Legion initiatives like flag-retirement ceremonies, Scouting programs, homeless veteran assistance efforts, job fairs and more.

Following 9/11, the Sons jumped at the opportunity to raise American Legion Legacy Scholarship funds for college-bound children of military personnel who lost their lives or veterans who became 50% or more disabled due to service since the war began.

Joe Gladden, Sons of The American Legion national commander in 2013-2014, made the Legacy Scholarship his primary project and personally raised \$25,000 that year, inspired by a boy in Ohio.

"I rode my motorcycle to as many places as I could," Gladden said. "In Ohio, I had the opportunity to present an American Legion award to a young man named Myles Eckert. Myles was about 10 years old. As the story goes, he was walking into an IHOP and found a \$20 bill on the ground. He goes in, and he is having breakfast with his mom and his sister. He looked over and saw this colonel in the Air Force sitting there. When he left, he walked over and handed the colonel the \$20 bill and a napkin. The note went, 'My dad was in the military, too, and he is no longer with us. In our family, we believe in paying it forward.' The

colonel was so moved by it, he went and found Myles and found out that his father had come back when he was only 2 weeks old, from a tour in Iraq, and then went back again and was killed. So Myles grew up without a father .... We were raising funds for a scholarship that he would one day be eligible to receive. Myles became the face of the Legacy Scholarship Fund for me."



*"Myles became  
the face of the Legacy  
Scholarship Fund for me."*

**Sons of The American Legion  
Past National Commander  
Joe Gladden**

A decade away from the program's centennial, the Sons are evolving once again, Fox says, with a strategic plan that aims to lift membership past the 1 million mark and continue supporting such American Legion initiatives as VCF and the "Be the One" campaign to prevent veteran suicide. To get there, it will take the kind of transformation Sons leaders were able to execute 50 years ago, when membership was about 4% of what it is today.

"We were all teenagers," Sons of The American Legion Past National Commander Michael Seaton remembers from that time of transition. "We met in hallways of hotels and in the lobbies and strategized how we could improve the organization .... We did start the ball rolling. I'm proud to have been part of that group of people that took that first step.

"We were young kids ... going up to the national commander and pitching, 'When are you guys going to start a national organization of the Sons?' It took a lot of, I guess, guts. But from our point of view, it was a question to be asked. And it started a conversation, and we were able to be successful at it."

Fox believes continued success for the Sons depends on attracting a new generation of younger members throughout the entire American Legion Family and mentorship to help make them leaders, as Faust was for him.

"I didn't really need to do that," Faust humbly replies. "He is a natural

leader on his own."

The key to continued growth, Fox says, is the American Legion Family's appeal to families with children. "Today's veterans want to do things with their kids. Gaming stations, Christmas parties, Easter egg hunts, bounce houses, family fun days ... if the kids want to go to the post because there is something fun for them to do, the parents will

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"The Sons - we are doers.  
We come up with a vision or  
a plan, and we get it done.  
We take action."

**Sons of The American Legion  
National Commander Michael Fox**

Photo by Ben Mikesell

want to join. The more activities and functions, the more they will want to get involved."

The essence of the Sons, however, will always be honor for a veteran patriarch, as the 1932 establishment resolution observed: "... every boy whose father is an ex-service man is proud of that fact. He seeks recognition as the son of a man of honorable war record. His dad is a pattern of a man. In the propagation of an organization for such boys lies a plan to mold the boy's future around a fine idea and assist in bringing out the best type of citizenship."

For Fox, that veteran was a grandfather who flew top commanders in World War II, including Gen. Douglas MacArthur. For Gladden, it was a World War II father who passed away when he was just 10. For Faust, it was his grandfather, who "wanted to teach his grandchildren about Americanism, about the Legion, about duty and responsibility to the community. And he did a pretty good job for all of us who were sub-teens and then teens who were going through it."

In the Sons constitution's preamble, they are described as "proud possessors of a priceless heritage" – one that respects the service and sacrifices of veterans past through action that helps veterans now and in the future.

As he was placing flags at a cemetery in Indiana in October 2021, Sons of The American Legion Past National Commander David Stephens considered the veterans he and his fellow SAL members honor.

"I think everybody is going to have some kind of emotion because ... not only are they placing a flag for the person who made them eligible for Sons of

The American Legion, but also for a veteran that's maybe been forgotten. And we want to make sure that our veterans are never forgotten."

As long as the Sons continue to rise, The American Legion and the nation can be certain that U.S. military veterans past, present and future will always be remembered, supported and honored. ¶

*Jeff Stoffer, a member of Sons of The American Legion Squadron 42 in Townsend, Mont., is editor of The American Legion Magazine.*



*Preston Sharp of Redding, Calif., inspired National Commander Michael Fox to make his "Flying Flags for Heroes" program a national initiative.*

Photo by Jeric Wilhelmsen

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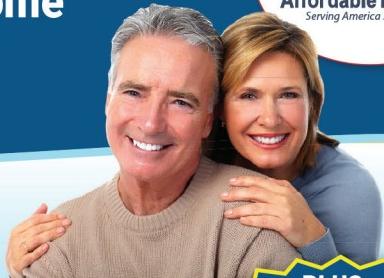
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# The Battle to End GI Bill Abuse

*American Legion helps lead six-state pilot program to tighten scrutiny of at-risk institutions.*

BY JEFF STOFFER

**T**he American Legion has been calling for over a decade to tighten restrictions and increase scrutiny of risky institutions of higher learning that accept students using GI Bill benefits. The problem – especially when veteran students lose their credits and funding due to sudden and unexpected school closures – has led to a six-state pilot program to test an American Legion-supported model to weed out bad actors.

A report on the pilot program – “Lessons from a Risk-Based Oversight Model Designed to Protect Students and Taxpayers” – was recently published by EducationCounsel, the National Association of

State Approving Agencies and The American Legion. (View or download it at [legion.org/publications](https://legion.org/publications) under the Veterans Employment & Education category.) The Legion was represented on the 22-member advisory council that developed the plan.

According to the report, problems commonly associated with for-profit programs include:

- Sudden school closures
- Inability to transfer credits
- Deceptive marketing and recruitment practices
- “Consistently poor institutional performance, leaving majorities of ... graduates without

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sufficient earnings to repay their loans, or simply failing to graduate most of their students at all."

In 2020, Congress unanimously strengthened risk-based reviews and the authority of state approving agencies (SAAs) to conduct them as part of the Isakson and Roe Veterans Health Care and Benefits Improvement Act of 2020. As a result of the new statute, all SAAs will be required to review GI Bill-eligible institutions using risk-based inquiries starting in October 2022.

The American Legion has called for increased scrutiny of schools that accept GI Bill benefits since the organization's National Executive Committee passed a resolution in October 2011 calling for "oversight and legislation evaluating post-secondary education institutions on quality factors such as accreditation, transferability, cost, graduation rates and military members on selection and attendance."

The resolution also urged legislation to increase funding for state approving agencies that provide oversight of institutions seeking approval to receive GI Bill users.

The Legion reiterated its position for stricter review of schools in a 2016 resolution, following the closures of some for-profit schools that left veterans with nothing to show for their GI Bill-funded educations. The resolution noted that "more than 30 federal and state law-enforcement agencies have made findings, in ongoing investigations or lawsuits – and in 15 federal and state settlements since 2012 – that some institutions of higher learning have deceived students about the schools' quality of education, tuition and cost, transferability of credits, accreditation, and graduates' job prospects and salary, including deceptions about graduates' eligibility to work in licensed occupations."

The Harry W. Colmery Veterans Educational Assistance Act of 2017 – named for the American Legion past national commander who drafted the original 1944 GI Bill and more commonly known as the "Forever GI Bill" – advanced the call for better oversight, and the 2020 Isakson-Roe act amplified the need for change.

The six-state pilot model was also built to increase scrutiny without overtaxing state approving agency staff and resources. The model

## \$12 billion

Approximate amount the federal government pays per year for veterans and their family members to attend college

was tested in Texas, Illinois, New York, Delaware, Virginia and Nevada. It "focuses limited budgets, time and staff on the areas of inquiry that matter – completion, debt, earnings, risk of closure, complaints and misleading practices – and on the programs impacting the most students," the report states.

"Risk-based reviews are a critical example of the federal government taking bipartisan action to protect student veterans and taxpayers, and this pilot shows that such a system works," said James LaCoursiere Jr., American Legion Veterans Employment & Education Commission chairman. "That's why the National Executive Committee of The American Legion unanimously supported a resolution to promptly adopt and deploy risk-based reviews to protect our veterans and the integrity of the GI Bill."

Veterans Employment & Education Division Director Joseph Sharpe was a member of the advisory council, and American Legion higher-education consultant and former president of the National Association of State Approving Agencies Joseph Wescott, Ed.D., contributed to the report.

"Risk-based reviews are a game-changer," Wescott said. "This new model allows staff to focus on protecting students from schools that leave them worse off or are likely to suddenly shut down."

Lack of a comprehensive review model played into problems GI Bill users have had with some schools in recent years, the report noted. "Over the past two decades, the limited ability to conduct consistent and comprehensive reviews coincided with the growth in tactics and practices by some colleges that harmed student veterans and students more broadly. Many of these practices made headlines, and the harm to students and taxpayers from deceptive and predatory recruiting tactics, and (the) financial collapse of high-risk institutions like ITT and Corinthian Colleges, were obvious. These events are certainly damaging to students – who often are unaware of the

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significant financial problems at these schools until they show up one day to find padlocks on the doors – and taxpayers, who end up footing the bill for closed-school discharges, defaulted loans and borrower defense claims.”

With funding from the Lumina Foundation – and *pro bono* support from Nelson Mullins Riley & Scarborough LLP – the National Association of State Approving Agencies and EducationCounsel crafted the pilot design to directly address risk factors, such as financial stability and student dissatisfaction, of institutions.

Schools received numerical scores based on various criteria, and site visits revealed ongoing problems including “deceptive advertising of awards received by schools, enrollment quotas for recruiters, student complaints about academic quality that went unaddressed by state licensing agencies, and schools with severely limited cash reserves that posed a serious risk of collapse.”

The risk-based review model also allows state approving agencies “to prioritize their resources on schools that pose the most risk to taxpayers and to military-connected students, rather than a narrower focus on payment compliance,” the report states.

The Legion’s National Executive Committee passed a resolution in October 2021 calling on VA to “promptly adopt and deploy nationally a risk-based survey model to protect our veterans and the integrity of the GI Bill Educational Program.”

The six-state test has demonstrated that such a new process is now in hand. “This pilot has demonstrated that risk-based, outcomes-focused reviews are feasible, effective for regulators and students and can be realistically implemented, right now,” said Nathan Arnold, senior adviser with EducationCounsel. “The evidence from this pilot shows that public data can be used to effectively prioritize limited oversight resources, and this is a model that can be used by creditors, state authorizers and Department of Education program reviews and enforcement.”

The report strongly recommends better coordination between states and the federal government to ensure quality and consistent oversight of schools that accept GI Bill beneficiaries. “In two years of designing and

implementing this pilot, it has become clearer than ever that improved coordination is needed within and among states,” the report states. “Many of the historical failures to proactively identify risky schools share a common denominator: a need for better communication among actors within a state and nationally, among states.

“Often, bad actors benefit from a lack of coordination. This is because multiple agencies responsible for different components of a school’s compliance aren’t aware that other agencies are finding problems with the same school, failing to see the big picture of a school in trouble on multiple fronts.”

Also factoring into the issue is the fast rise, during the COVID-19 pandemic, of online learning programs. “Colleges operating multistate online programs pose additional challenges for regulators,” the report states. “Lack of coordination leads to a lack of clear responsibility, where even in obviously harmful situations, different oversight bodies wait for others to act

first. Building a consistent, agreed-upon set of elements of institutional quality will help improve coordination among oversight entities and ultimately lead to better oversight of risky institutions.”

#### RISKY BUSINESS

“Lessons from a Risk-Based Oversight Model Designed to Protect Students and Taxpayers”

identifies three primary types of risk that institutions present to students and taxpayers:

- Financial or administrative risk, particularly that lead to precipitous closure
- High-cost, low-quality programs that do not lead to sufficient earnings to justify the time or dollar investment
- Predatory recruiting practices that lead to large swings in enrollment, high dropout rates, and significant numbers of students and veterans in default or having wasted their federal grant dollars

*Jeff Stoffer is director of The American Legion’s Media & Communications Division.*

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1Vaughan CP, Johnson TM 2nd, Goode PS, Redden DT, Burgio KL, Markland AD. Military exposure and urinary incontinence among American men. J Urol. 2014 Jan; 191(1):125-9. doi: 10.1016/j.juro.2013.07.016. Epub 2013 Jul 16. PMID: 23871759.



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# LORE OF THE LEGION

STORY: JEFF STOFFER  
ART: GARY MARTIN  
COLOR: MARCUS ESKOW  
EDITOR: AUGUST UHL

THERE, SHE SETS RECORDS IN THE PRECISION CATEGORY AND BRINGS HOME THE NATIONAL TITLE.



AT JUST 6 YEARS OLD, JAMIE LYNN BEYERLE OF LEBANON, PA., ENJOYS SHOOTING BB GUNS AT TARGETS WITH HER BROTHER IN THE BASEMENT OF THEIR FAMILY'S HOME.

TWO YEARS LATER, SHE BEGINS COMPETING IN TOURNAMENTS AND COVERING HER BEDROOM WALLS WITH MEDALS AND AWARDS FOR HER PINPOINT ACCURACY. SHE QUALIFIES FOR THE AMERICAN LEGION JUNIOR SHOOTING SPORTS CHAMPIONSHIPS AT THE OLYMPIC TRAINING CENTER IN COLORADO SPRINGS, COLO., IN 2002.



USING SOME OF HER AMERICAN LEGION SCHOLARSHIP MONEY TO SHOOT COMPETITIVELY FOR THE UNIVERSITY OF ALASKA WOMEN'S RIFLE TEAM, SHE IS SOON RANKED NO. 5 IN THE WORLD AND QUALIFIES FOR THE 2008 U.S. OLYMPIC TEAM.



IN BEIJING, HOWEVER, ONE SLIGHTLY ERRANT FINAL SHOT COSTS HER A SPOT AT THE PODIUM. SHE FINISHES FOURTH AND FIFTH IN HER TWO EVENTS.

JAMIE DOES NOT GIVE UP. SHE PRACTICES DILIGENTLY FOR THE NEXT FOUR YEARS, ENVISIONING THAT FINAL SHOT OVER AND OVER, FOCUSING ON WHAT IT TAKES TO OVERCOME SUCH A STRESSFUL MOMENT.

IN LONDON, ON AUG. 4, 2012, SHE DISCOVERS WHAT IT TAKES - BREAKING TWO OLYMPIC RECORDS TO BRING HOME THE GOLD MEDAL IN THE 50-METER 3-POSITION WOMEN'S RIFLE COMPETITION.



LATER A MEMBER OF THE AMERICAN LEGION'S 100TH ANNIVERSARY HONORARY COMMITTEE, SHE REFLECTS ON THE ROLE VETERANS PLAYED IN HER PERSEVERANCE AND SUCCESS:

"VETERANS ARE PART OF THOSE HUNDREDS OF PEOPLE ON THE PODIUM WHO I THOUGHT ABOUT, WHO HELPED ME WIN THAT MEDAL. EVERY PERSON I CAME ACROSS HAD SOME TYPE OF INFLUENCE ON ME; WITH THE AMERICAN LEGION PROGRAM, THOSE VETERANS HAD A HUGE INFLUENCE ON ME. I WOULDN'T HAVE GOTTEN THAT COLLEGE SCHOLARSHIP IF IT WEREN'T FOR THOSE VETERANS WILLING TO GIVE THEIR TIME TO THE COMMUNITY."



ILLUSTRATION BY GARY MARTIN

#48

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# 'Every bit the citizen soldier'



*LEFT: American Legion founder Brig. Gen. Theodore Roosevelt Jr. is now depicted in Normandy as a "Statue of Liberation."*

*BELOW: National Commander Paul E. Dillard and Gen. Mark Milley, chairman of the Joint Chiefs of Staff, participate in the statue's dedication ceremony.*

Photos by Jeff Stoffer



*"He believed in service. He believed in citizenship. He believed in defense. And he believed the United States had a moral obligation to stand strong on the global battlefield to defend the oppressed ... from their oppressors. These are the beliefs that formed The American Legion."*

*"May future generations who visit this statue take time to understand what it means to be humble, brave and willing to die for values much greater than oneself."*

American Legion National Commander Paul E. Dillard at the June 6 dedication for the "Statue of Liberation" of Brig. Gen. Theodore Roosevelt Jr., in Sainte-Mère-Église, Normandy, France

## Panel recommends new names for nine Army bases

The federal commission tasked with renaming Army bases named for Confederate officers has revealed its recommendations, choosing nine from more than 34,000 suggestions submitted by the public. The Naming Commission's final report is due Oct. 1 and will include new names for two Navy ships and several streets and buildings on bases. Congress has mandated that the defense secretary implement changes by Jan. 1, 2024.

Sources: DefenseOne, NBC News

Current name	New name
Fort Bragg	Fort Liberty (the 82nd Airborne's song)
Fort Benning	Fort Moore (Lt. Gen. Hal Moore, Julia Moore)
Fort Gordon	Fort Eisenhower (President Dwight Eisenhower)
Fort A.P. Hill	Fort Walker (Civil War field physician Mary Walker)
Fort Hood	Fort Cavazos (Korean War hero Richard Cavazos)
Fort Lee	Fort Gregg-Adams (two Black World War II Army logisticians, Arthur Gregg and Charity Adams)
Fort Pickett	Fort Barfoot (Medal of Honor recipient Van Barfoot)
Fort Polk	Fort Johnson (Medal of Honor recipient William Henry Johnson)
Fort Rucker	Fort Novosel (Medal of Honor recipient Michael Novosel Sr.)

## American Legion founding leader Brig. Gen. Theodore Roosevelt Jr. immortalized in Normandy.

Theodore Roosevelt Jr. has returned to the French city where he was initially laid to rest after storming Utah Beach on June 6, 1944. At 56, he was the oldest man and only general to come ashore in the first wave of D-Day. His actions in the invasion of Normandy, which led to victory over Nazi Germany in World War II, earned Roosevelt Jr. the Medal of Honor on Sept. 21, 1944.

It had to be presented posthumously. Five weeks after coming ashore, the man who helped form The American Legion died of a heart attack inside the newly penetrated European theater. Initially buried at a temporary cemetery in Sainte-Mère-Église, the son of the 26th U.S. president was later moved to the Normandy American Cemetery overlooking Omaha Beach, where he rests today.

On the 78th anniversary of the liberation, hundreds gathered in Sainte-Mère-Église for the first "Statues of Liberation" ceremony to dedicate a monument to Roosevelt Jr. There, American Legion National Commander Paul E. Dillard, Operation Democracy founder Cathy Cyphers Soref, Amis des Vétérans Américains President Maurice Renaud, Normandy historian Col. Keith Nightingale and others paid tribute to a son of privilege who so believed in service that he confronted U.S. military leaders for the opportunity to fight from the fronts of World War I and World War II alike.

"All he needed was an opportunity to provide steel

to the backs of his soldiers and the foresight to understand their needs," Nightingale told the crowd, which included Chairman of the Joint Chiefs of Staff Gen. Mark Milley. "He always led from the front, as did his father, and his infectious spirit caused his men to do what they otherwise would not. He was every bit the citizen soldier which America always seemed to produce in its hour of need. He was a businessman and banker by trade - and a soldier by choice."

"I am certain that Teddy Roosevelt Jr. would be ... pleased to be a symbol, for generations to come, of courage, self-sacrifice, discipline and commitment to the idea that is America," Cyphers Soref said. "We hope this inspires appreciation for what we have, rather than indignance for what we do not have."

The statue was sculpted by internationally known artist Pablo Eduardo of Massachusetts. The Airborne Museum in Sainte-Mère-Église provided vital support, including contribution of authentic D-Day bullet casings and other recovered battlefield metals used in the casting. FedEx, with personal attention from Vietnam War veteran CEO Fred Smith, an American Legion member, expeditiously delivered the statue from a foundry in Maine to France in time for installation and the ceremony.

A second "Statue of Liberation" is scheduled for June 2023, honoring Supreme Allied Commander Europe Gen. Dwight Eisenhower, a life member of The American Legion, who led the famous D-Day assault.

## Skipper treats 700 sailors to 'Top Gun' sequel

Capt. Judd Krier, commanding officer of USS *Iwo Jima*, took a few shipmates to see this summer's mega-hit "Top Gun: Maverick" over Memorial Day weekend. According to the *Daily Press*, they included the entire crew - nearly 700 sailors, except for a small duty section that stayed back to handle security and the firefighting watch.

"Having your ship out of the water, propped up on blocks in a dry dock, isn't the life most sailors joined the Navy to live," the *Daily Press* reports. To boost their spirits, Krier reserved an entire local theater through the ship's Morale, Welfare and Recreation officer, and even sprang for popcorn and soda.

"It's a chance for everyone to connect with a great Navy movie," Krier said. "When I announced it, the whole crew was excited."



Capt. Judd Krier, center, poses with two sailors at the theater. USS *Iwo Jima* via Facebook



Players from Champaign, Ill., Post 24 help their "buddies" from the Tom Jones Challenger Baseball League during a game at AMBUCS Park in Urbana, Ill., on June 18. Photos by Dayton Emery

## 'The best smiles in baseball'

*Illinois American Legion Baseball team buddies up for children with disabilities.*

There's more to American Legion Baseball than batting averages and fielding skills. That's a lesson Matt Johnson learned in Little League when his coach was Marty Conatser, who would go on to serve as American Legion national commander in 2007-2008. "We're here to develop kids, not just win baseball games," says Johnson, coach of Champaign, Ill., Post 24's prep team for players 14 and younger. It's a lesson that's stayed with him.

As the Post 24 team stood at 9-3-1 for the season, players and coaches gathered June 18 at AMBUCS Park in nearby Urbana and served as "buddies" for young people facing physical or mental disabilities and challenges during a crisp, sunny Saturday morning baseball game.

"We have all ranges," says Bill Hand, a former Legion Baseball player who is a coach for the Tom Jones Challenger League of Champaign-Urbana. "We have buddies to help the kids out ... from kids in wheelchairs to one who is legally blind. We seem to be able to make it work for everybody."

Hand's daughter Tiffany, who has Down's, is a multiyear veteran of the Challenger League. She belted coach-thrown pitches across the infield with every at-bat of the Saturday morning outing.

Johnson, in his first year coaching American Legion Baseball, also has a son who plays in the Challenger League. His motivation for switching from managing travel baseball was an opportunity to develop players through service and citizenship.

So far, his team has volunteered at a food bank, helped get a public swimming pool ready for the season and served as Challenger League buddies.

"This is really what American Legion Baseball is all about," Conatser said before throwing out the first pitch in the Challenger League game. "That's the key to any coach's satisfaction, that you made them a better player (and) ... a better person."

The league, now in its 25th year, is one of the nation's largest, says Army veteran Tom Grey, who serves as commissioner and announcer at games. "The best smiles in baseball are right here. The biggest difference between regular baseball and our league is our kids have so much fun. Parents are cheering and doing all kinds of great stuff - volunteering - and enjoying their kids."

Watching his granddaughter Tiffany play, Air Force veteran and Post 733 member Tom Hand says the connection he sees in the Challenger League seems rare today. "Citizenship is important everywhere," he says. "I think the things we are lacking today is responsibility and respect."

Johnson is trying to build some of that back through Legion Baseball and the Challenger League. "This was a match made in heaven ... not only having a baseball team but also developing the next generation."

Watch a video about the Challenger League:  
[legion.org/magazine](http://legion.org/magazine)

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## The pros and cons of remote work

A decade ago, working remotely was rare. Today, Findstack reports a 159% increase in the number of remote workers. In fact, a recent Monster.com article noted that 57% of active job seekers say they are looking solely for remote work or, at the least, a combination of remote and in-office. The pandemic further accelerated the transition to remote work, initially out of necessity and subsequently as companies shifted to new work models. As companies and individuals realized the benefits, remote work became further embedded into the employment landscape.

Remote jobs exist across the vast majority of industries, but are most prominent in computer/information technology, medical/health, project management, sales and accounting/finance.

### Some pluses of working remotely

- Many people report they are more productive with fewer workplace interruptions.
- People have some, maybe a lot of, flexibility in terms of work schedule.
- Commuting costs are slashed for what can be a huge savings, particularly in large metro areas.

### Some minuses of working remotely

- People may experience loneliness and isolation if they're accustomed to working in an environment with others. For some it's an easy transition; others may struggle to find new ways to engage with others outside the workplace.
- Distractions abound, so remote workers must establish workplace boundaries for family, neighbors and friends.
- Professional development opportunities may be fewer as individuals may not be working closely with mentors, managers and business leaders.

If you think remote work might be a rewarding career path, do your research. Understand what types of remote opportunities are available in your industry and profession. Join online groups that focus on remote work to learn, network and share your subject-matter expertise.

Wendy Enelow is author of "Expert Résumé & LinkedIn Profiles for Managers & Executives" and other titles. [wendy@wendyenelow.com](mailto:wendy@wendyenelow.com)



Lake Mead, left, on Aug. 7, 2000, compared to Aug. 7, 2021 Photos courtesy NASA Earth Observatory

**"This is deadly serious stuff."**

**Robert Glennon**, a University of Arizona professor who specializes in water law and policy, on Lake Mead's water level hitting 1,044 feet, its lowest level since the lake was filled in the 1930s. Should the nation's largest reservoir fall below its "dead pool" level of 895 feet, Hoover Dam would be unable to release water downriver to California, Arizona and Mexico. "We don't know if it's a 23-year drought, a 50-year drought or maybe a 100-year drought," Glennon said. "We just don't know what's going to turn this around."

## Active duty, reserve and GI Bill benefits

**Q:** I'm in the Army and would like to transfer my 36 months of Chapter 33 Post-9/11 GI Bill education benefits to my children. Prior to active duty, I was in the Army Reserve and used 12 months of my Chapter 1606 GI Bill Selected Reserve education benefits to attend college. Recently I received a letter from VA stating that I have 24 months of Chapter 33 benefits remaining. Did my 12 months of Chapter 1606 benefits count against it, even though that was prior to my active-duty status?

**A:** Although the GI Bill Selected Reserve is a different chapter, it remains a part of your education benefit. You have 24 months of full-time benefits to transfer to your children.

Valerie Heffner is a Marine Corps veteran and member of American Legion Post 27 in Apache Junction, Ariz. [askvalerie@legion.org](mailto:askvalerie@legion.org)

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### Doctors Are Tired of Watching Their Patients Waste Money on Over-Priced Clinic Hearing Aids

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## When to convert term insurance to 'perm'

At its core, term insurance offers a simple proposition: pay for protection and get it. On the other hand, permanent coverage has a lot more bells and whistles. Different names (whole life, universal life, variable life), different features, a cash value component, long-term care riders – the list goes on. There are fanatics on both sides of the “which is better” discussion, arguing that term or “perm” is always the right answer.

Here's an alternative: Focus on the reason you are buying or considering life insurance. Is it a temporary or forever need? Do that, and you will be closer to picking the appropriate coverage.

Can the two perspectives meet? Perhaps. One feature of many term insurance policies is called conversion. In other words, you can, without medical underwriting, transfer your coverage to some sort of a permanent policy. Here are a few scenarios where this might make sense:

**A health issue pops up.** If you're nearing the end of your 10-, 20- or 30-year term and confront a serious health issue, it may be difficult, if not impossible, to find an affordable way to continue to carry necessary coverage. A conversion may allow you to do just that.

**Your savings and investment reality did not meet your expectations.** “Buy term and invest the difference” is the mantra of many term proponents. The idea is that the money you save on lower-term premiums while young can be invested to build a substantial nest egg. The thought being that when you arrive at the end of the term, 20 or 30 years down the road, you won't need the coverage.

However, if you get there and find you still need the coverage, a conversion may make sense.

**Your work life is changing.** Employer-provided group term life insurance is the primary, or only, coverage for many families. Check with your employer, but some sort of conversion to a permanent policy might be the only way to maintain your coverage if you switch employers.

**A special need arises.** An unforeseen accident or health issue within your family could make it important to have permanent coverage to take care of loved ones when you are gone. In the same vein, some permanent policies offer long-term care coverage, so it could be your own situation that drives you to a permanent life insurance solution.

**You add perpetual goals.** Estate planning goals like funding a trust or supporting an organization that does work you're passionate about are objectives that often pop up later in life. They may also be “needs” best funded by a permanent life insurance policy.

It's critical to understand the timelines, deadlines and offerings that apply to your specific term insurance policy. And look at the premium implications. There's no medical, but you are older and permanent coverage is typically significantly more expensive as it is. It wouldn't make much sense to convert to a policy you can't afford. When it comes to life insurance, never say never.

J.J. Montanaro is a certified financial planner with USAA, The American Legion's preferred provider of financial services. [legion.org/usaa](http://legion.org/usaa)

## Long-distance coaching in Ukraine

Ukrainian soldiers are using a smartphone messaging app to get tips from National Guard troops on how to handle the Javelin antitank system, Military.com reports. Among the long-distance trainers is Sgt. 1st Class Chris Freymann, a cavalry scout in the Washington state National Guard. Before Russia's invasion Feb. 24, Freymann had served as an instructor training Ukrainian troops in-country on the Javelin. U.S. trainers were withdrawn in the weeks leading up to the invasion.

But the contacts and friendships remained.

“When the war started, I had a lot of guys hitting me up on WhatsApp,” Freymann told Military.com. “One of our linguists, her husband was one of the few soldiers who were left.” That connection enabled Freymann to relay information on operating the Javelin. The linguist's husband sent Freymann photos and videos, facilitating further over-the-phone coaching.





*"We will be one alliance, like a wall against a Middle Ages tribe who has lost their mind."*

**Latvian Army Lt. Col. Uldis Gutmanis**, during a military drill with U.S., British, Finnish and Estonian troops in May, as Finland prepared to apply to join NATO Source: Elite News

## 26

Surviving copies of the first printing of the Declaration of Independence, most of which are in museums and libraries. Three are privately owned.

## 838

Miles of bookshelves in the Library of Congress, enough to stretch from Chicago to Houston

## 10,000,000

Estimated number of Americans who are descended from Mayflower passengers

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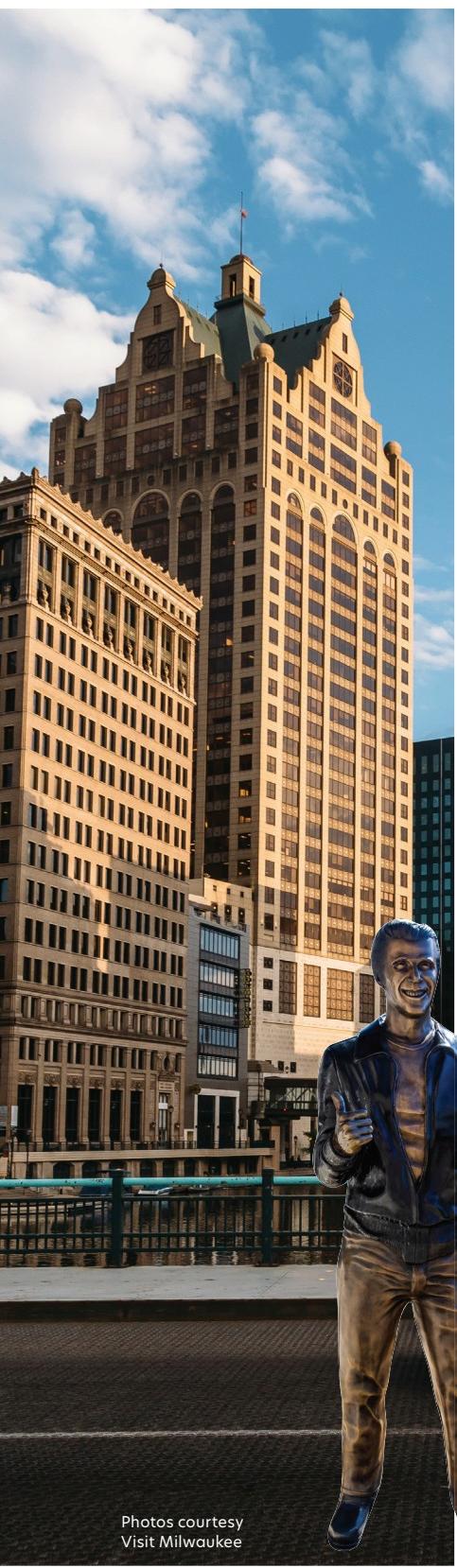
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# Explore the best Milwaukee has to offer



Entertainment, food and sightseeing options abound for American Legion Family members visiting Milwaukee for the 103rd National Convention, Aug. 26 to Sept. 1. Here are a few of the city's points of interest:



**Harley-Davidson Museum** Take a tour through the history of Harleys, from the early days to contributions during the world wars through bikes on the road today. [h-dmuseum.com](http://h-dmuseum.com)

**Veterans Park** Stroll through the 92-acre park, located along Lake Michigan about a mile and a half from the Wisconsin Center. Visit [legion.org/100miles](http://legion.org/100miles) to learn more about a virtual 5K related to this year's fitness/wellness challenge.

**The Bronze Fonz** Put up your thumbs and snap a selfie with a life-size statue of Henry Winkler's "Happy Days" character, located on the Milwaukee RiverWalk, just off Wells Street.

**Gertie the Duck statue** Pay tribute to Gertie, a mallard who gained fame after nesting her eggs on the Wisconsin Street Bridge pilings at a time when Americans were growing weary of World War II. Her story spread beyond Milwaukee, offering a reprieve from war news.

**Historic Third Ward** Discover a potpourri of restaurants, coffee

shops, trendy shops and other storefronts that sprang from an urban renewal plan in the revitalized warehouse district.

**Milwaukee Public Market** Bring your appetite to the indoor market in the Historic Third Ward, where 20 vendors sell artisan foods, fine wines, desserts, cheese, seafood, hometown apparel and more. [milwaukeepublicmarket.org](http://milwaukeepublicmarket.org)



**Milwaukee Art Museum** Discover an eclectic mix of art, from Renaissance to contemporary and everything in between. [mam.org](http://mam.org)

**Pabst Mansion** Tour the historic house museum and architectural landmark that keeps the family's legacy alive. [pabstmansion.com](http://pabstmansion.com)

**Milwaukee Brewers** Catch the hometown Major League Baseball team play the Pittsburgh Pirates on American Legion Family Night, Aug. 29 at American Family Field. The first pitch is at 7:10 p.m. Purchase tickets at [brewers.com/americanlegion](http://brewers.com/americanlegion). Transportation will not be provided.

## Cheese curds

Sample a cheese curd, a small piece of unaged cheese separated from the whey early in the cheesemaking process. Cut into randomly shaped morsels, curds are deliciously gooey, salty - and squeaky.



- Henry Howard

# Make plans for national convention events

Aside from the official business conducted at the 103rd American Legion National Convention in Milwaukee, attendees can look forward to several events, including:

**Color Guard Contests** Friday, Aug. 26, 4 p.m., Exhibit Halls A & B, 3rd Floor, Wisconsin Center

**Band Contest** Saturday, Aug. 27, 1 p.m., Exhibit Halls A & B, 3rd Floor, Wisconsin Center

**American Legion Family Day** at Oktoberfest Sunday, Aug. 28, 1 p.m., War Memorial Center (transportation not provided). Buy tickets online at [kegelsinn.com/legionnaires](http://kegelsinn.com/legionnaires).

## Download national convention app

This year, the American Legion National Convention mobile app is the only way to get up-to-date information on meetings, speakers, floor events, agendas and more. It is available to download free of charge from the Apple Store or Google Play. You can also search the stores for "The American Legion National Convention," or access them via [legion.org/mobileapps](http://legion.org/mobileapps).

## Show Your Badge discounts

Download the Brew City Beer Pass and Milwaukee Deals for specials at local restaurants, bars, breweries and more at [visitmilwaukee.org/mkepasses](http://visitmilwaukee.org/mkepasses).

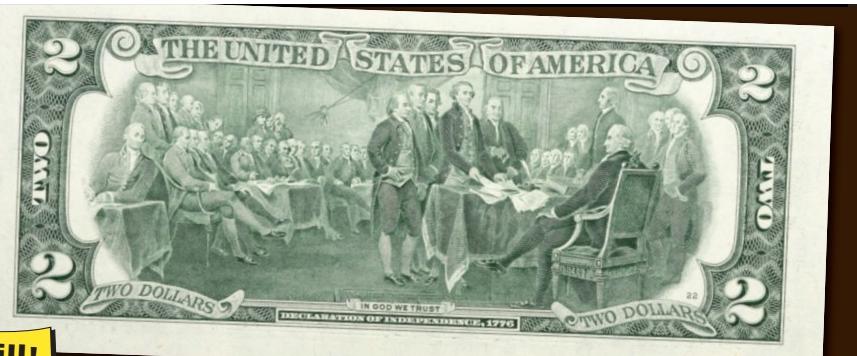


## TALMA media training, awards

The American Legion Media Alliance (TALMA) will sponsor a daylong in-person and virtual Media Training Workshop on Monday, Aug. 29, in Room 102, Section D, 1st Floor of the Wisconsin Center. The session will begin at 8:30 a.m. Central time and conclude by 4 p.m., with a two-hour break for the TALMA Awards Luncheon.

Those attending in person can register at [legion.org/talma/workshop](http://legion.org/talma/workshop). The workshop will be streamed live at [facebook.com/americanlegionhq](https://facebook.com/americanlegionhq).

The awards luncheon will begin at 11 a.m. and is free to TALMA award recipients. For other members and guests, the price is \$20. Register at [legion.org/talma/banquet](http://legion.org/talma/banquet).



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**How to submit a reunion**

The American Legion Magazine publishes reunion notices for veterans. Send notices to **The American Legion Magazine, Attn: Reunions, P.O. Box 1055, Indianapolis, IN 46206**, e-mail [reunions@legion.org](mailto:reunions@legion.org) or submit information online at [legion.org/reunions](http://legion.org/reunions).

Include the branch of service and complete name of the group, no abbreviations, with your request. The listing also should include the reunion dates and city, along with a contact name, telephone number and e-mail address. Listings are free.

Notices will remain online until the final day of the reunion. Upon submission, allow three months for your reunion to be published in print. Due to the large number of reunions, **The American Legion Magazine** will publish a group's listing twice a year.

**Other notices**

"In Search Of" is a means of getting in touch with people from your unit to plan a reunion. We do not publish listings that seek people for interviews, research purposes, military photos or help in filing a VA claim. Listings must include the name of the unit from which you seek people, the time period and the location, as well as a contact name, phone number and e-mail address. Send notices to **The American Legion Magazine, Attn: "In Search Of," P.O. Box 1055, Indianapolis, IN 46206** or e-mail [reunions@legion.org](mailto:reunions@legion.org).

The magazine will not publish names of individuals, only the name of the unit. Listings are free.

Life Membership notices are published for Legionnaires who have been awarded life memberships by their posts. This does not include a member's own Paid-Up-For-Life membership.

Notices must be submitted on official forms, which may be obtained by sending a self-addressed stamped envelope to **The American Legion Magazine, Attn: Life Memberships, P.O. Box 1055, Indianapolis, IN 46206**.

"Comrades in Distress" listings must be approved by the Legion's Veterans Affairs & Rehabilitation Division. If you are seeking to verify an injury received during service, contact your American Legion department service officer for information on how to publish a notice.

To respond to a "Comrades in Distress" listing, send a letter to **The American Legion Magazine, Attn: Comrades in Distress, P.O. Box 1055, Indianapolis, IN 46206**. Include the listing's CID number in your response.

"Taps" notices are published only for Legionnaires who served as department commanders or national officers.

**AIR FORCE / ARMY AIR FORCES**

**527th Aggressor Sqn**, North Myrtle Beach, SC, 9/8-11, Fred Elizondo, (269) 788-2079, felizondo50@gmail.com; **B-52 Stratofortress Assn**, Providence, RI, 9/8-11, Russ Stephenson, (360) 663-2521, rgsteph@msn.com; **B-57 Bummers**, Sarasota, FL, 10/24-27, Bob Herman, (586) 915-0042, rherman2@comcast.net

**ARMY**

**14th Cav**, Joint Base Lewis-McChord, WA, 9/15-18, Jim Dunivan, (757) 651-3021, jame.dunivan.jd@gmail.com; **2nd, 501st, 101st Abn, Recon (1967-1971)**, Columbus, OH, 9/6-9, Darryle Endfinger, (859) 358-7174, sgmdae@yahoo.com; **5th Bn 42nd Arty**, Washington, 11/10-13, John Alosi, (717) 360-1706, shijabooks@gmail.com; **249th Eng Bn**, Springfield, VA, 9/22-25, Bob Lowry, (817) 937-4934, rdl1966@gmail.com; **720th MP Bn**, Arlington, VA, 11/10-13, Jim Ahlfeld, (914) 844-5244; **815th Eng Bn, 102nd Eng Co & Attached Units**, Columbus, GA, 9/15-17, Frank Sheeman, (512) 633-3864, frank@sheeman.com

**COAST GUARD**

**All Coast Guard**, Coeur d'Alene, ID, 10/7-9, Darlene Amundson, (208) 292-4840, busypartyplanner@gmail.com; **Salt Lake Coast Guard Reserve Unit/NSFCRU**, Salt Lake City, 8/6, Thomas Cowan, (801) 628-0687, tjc12112@gmail.com, saltlakecgru@gmail.com

**MARINES**

**2nd Bn 9th Mar (All Eras)**, Arlington, VA, 11/8-12, Danny Schuster, (978) 667-4762, twoninencoic@aol.com; **Combined Action Program**, Chandler, AZ, 11/8-14, Eric Webb, (630) 310-0014, bulldog\_8762@yahoo.com; **Recruit Plt 352 (Parris Island, SC, 1962)**, Parris Island, SC, 10/6-7, Charlie Ducar, (518) 391-0137, cdukar@nycap.rr.com; **Fox 2/7 (Vietnam)**, San Antonio, 7/10-14, Tom Ciccarilla, (302) 547-8316, fox2seven@gmail.com

**NAVY**

**Amphibious Ships**, Colorado Springs, CO, 10/9-13, Skip Sander, (412) 367-1376, ussranksin@aol.com; **Arlington AGMR 2**, Branson, MO, 10/5-8, Michael Ferderer, (612) 850-5580, mpferderer@comcast.net; **Assn of Minemen**, New Orleans, 10/16-5/12, Donald Moody, (626) 824-0727, assocminemen@yahoo.com; **Badger DE/FF 1071**, Tampa, FL, 10/5-8, Lois & Jerry Harden, (734) 323-5698, loiso@umich.edu, wildjer@sbcglobal.net; **Belknap DLG/CG 26**, Norfolk, VA, 10/12-16, Bill Staley, (336) 202-1160, goodstuff003@trial.rr.com; **Canisteo AO 99**, Clearwater Beach, FL, 9/6-9, Bill Bookless, (203) 942-1229, booklew@outlook.com; **Dewey DLG 14/DDG 45**, Mobile, AL, 10/12-16, Jack Casta, (610) 608-0946, jax12654@gmail.com; **Iwo Jima Class LPH Assn LPHs 2**,

**3, 7, 9, 10 & 11**, Providence, RI, 9/28-10/2, Dena Rice, (615) 585-2088, denaiphone@bellsouth.net; **Lake Champlain CV/CVA/CVS 39 & CG 57 - Ship's Co and Air Grp**, Charleston, SC, 9/12-15, Jim Brown, (914) 490-9662, goat1964@aol.com; **Lloyd Thomas**, Dayton, OH, 9/20-24, Scott Sheffer, (412) 951-0588, lloydthomas@atlanticbb.net; **Robert E. Lee Assn SSBN/SSN 601**, Mystic, CT, 10/26-30, Joe White, (405) 410-9206, joewhite727@gmail.com; **Springfield CL 66/CLG 7/SSN 761**, Charleston, SC, 11/13-16, Keith Rivard, (865) 388-2478, kmrivard@gmail.com; **VP-6**, Mobile, AL, 10/19-22, Jim Lamers, (703) 727-7944, jimlpv6@comcast.net; **VP-40**, San Diego, 10/12-16, Guy Fisk, (828) 423-2106, gfsk575@gmail.com, gffgsk@vp40.com; **Waccamaw AO 109**, Newport, RI, 10/26-30, Bill Guhl, billguhl@comcast.net

**LIFE MEMBERSHIP**

**Post 219, FL**: George T. Goodridge Jr., Larry E. Miller  
**Post 356, FL**: Marvin McCain  
**Post 116, WA**: Nicky Goddard, Jordan Granum, John Jansson, Melvin Johnson, Harry Wilson

**IN SEARCH OF**

**4th Bn 24th Armor 8th Inf Div (Lee Bks, Mainz, Germany, 1987-1991)**, Richard Russo, (814) 246-8308  
**7th MP Co (Camp Casey, Korea, 1966-1967)**, Larry Weaver, (503) 397-2073, larryweaver2526@gmail.com  
**9th Admin Co "Bearcat" Awards & Decorations (1967)**, Randy Wells, (785) 691-8727, randywellsjr@sbcglobal.net  
**12th Eng Bn HQ Co 3rd Echelon (Dexheim, Germany, 1961-1964)**, Joe Nerat, (906) 863-8664, joenerat@gmail.com  
**57th Trans Co (Casmera Ederly, Italy)**, Fred Dintino, (215) 643-7970, fdintino@verizon.net  
**867th FA Bn "Atomic Annie" 280mm (Neckarsulm Germany, 1954-1956)**, James Degnan, (661) 294-0256, my4cam@aol.com  
**1962nd Comm GP (Kadena, Okinawa, 1966-1967)**, Ronald McConnell, remcon43@att.net

**B Co 29th Sig Bn (Karlsruhe, Germany, 1959-1962)**, Bob Grinder, (252) 355-6230, omarosie@suddenlink.net

**Chicago CG 11 (1973-1977)**, Mark Hudzinski, bighud@comcast.net  
**Naval Hosp Subic Bay, Philippines, Senior Ward Corpsman, Ward A (1969-1973)**, R.A. Fischer, rafmmgp@gmail.com

**TAPS**

**Andrew M. Johnson, Dept. of District of Columbia**, Nat'l Sec. Cmsn. Memb. 2003-2022, and Nat'l Sec. Cncl. Vice Chmn. 1984-1985, 1986-1987 and 1988-2003.

**Robert L. Michael, Dept. of Delaware**, Dept. Cmdr. 2014-2015, Nat'l Cemetery Cmte. Memb. 2009-2018, Nat'l Conv. Cmsn. Liaison Cmte. Memb. 2018-2021, Nat'l Exec. Cmte. Alt Memb. 2016-2018, Nat'l Exec. Cmte. Memb. 2018-2021 and Nat'l Media & Comm. Cmsn. Memb. 2021-2022.

**John E. Murphy, Dept. of New York**, Nat'l Americanism Cncl. Memb. 2016-2019 and Nat'l Youth Education Cmte. Nat'l Cmdr.'s Rep. 2019-2022.

**Norma J. Walker, Dept. of South Carolina**, Dept. Cmdr. 2004-2005, Nat'l Americanism Cncl. Vice Chmn. 2002-2003, Nat'l Memb. & Post Activ. Cmte. Memb. 2004-2010 and Nat'l Sec. Cncl. Vice Chmn. 2001-2002.

**Milton A. Willis Jr., Dept. of Vermont**, Dept. Cmdr. 1983-1984, Nat'l Cmsn. on Children & Youth Liaison Cmte. Memb. 1987-1989, Nat'l Distinguished Guests Cmte. Vice Chmn. 1989-1992, Nat'l Exec. Cmte. Alt. Memb. 1985-1987, Nat'l Exec. Cmte. Memb. 1987-1989, Nat'l Naval Affairs Cmte. Memb. 1985-1987, Nat'l Veterans Affairs & Rehab. Cmsn. Region 1 Memb. 1992-1993, 1995-1996, 1998-1999, 2001-2002 and 2004-2005, Nat'l Veterans Affairs & Rehab. Cmsn. Region 1 Chmn. 1994-1995 1997-1998, 2000-2001 and 2003-2004, Nat'l Veterans Affairs & Rehab. Cmsn. Region 1 Vice Chmn. 1993-1994, 1996-1997, 1999-2000 and 2002-2003, Nat'l Veterans Affairs & Rehab. Cmsn. Memb. 2005-2013 and Nat'l Veterans Benefits Cmte. Memb. 2013-2022.

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Diets are hard.**

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"What happened out there tonight, Bruiser?" the interviewer asked. "Just about everyone expected you to win this match."

"I don't understand it," Bruiser replied. "I won the rehearsal."

**HEAR THE ONE** about the cooking school's valedictorian? She passed her final exam with flying crullers.

**CONCERNED** that his son was spending too much time on video games, a dad told him, "When Abraham Lincoln was your age, he was studying books by the light of the fireplace."

"Oh yeah?" the son replied. "Well, when Abe Lincoln was your age, he was president of the United States."

**WHAT WAS** a more useful invention than the first telephone? The second telephone.

**I FAILED** a fire-safety course after the instructor asked what steps I would take in the event of an explosion. Apparently, "really big ones" wasn't an acceptable answer.

**ON THE EVE** of an election, a candidate asked a reporter, "Did you hear my last speech?"

The reporter replied, "I certainly hope so."

**I SAID** to the fitness coach, "Can you teach me to do the splits?" He said, "How flexible are you?" I said, "I can't make Tuesdays."

**IF YOU THINK** your computer and cellphone spying on you is bad, know that your vacuum cleaner's been gathering dirt on you for years.

**"I NEVER HAVE** free time, I don't know about you. You ever go to the cash machine, there's two people in line in front of you and you get kinda flustered? You're like 'Forget it! I'm not standing here for 40 seconds. I got things to do, OK?'"

- Jim Gaffigan



"You go on the merry-go-round.  
I'll be over here on the quiet-sit-still."



"If I hear 'Who's my widdle snoogie woogums?'  
one more time, I think I'm gonna snap."



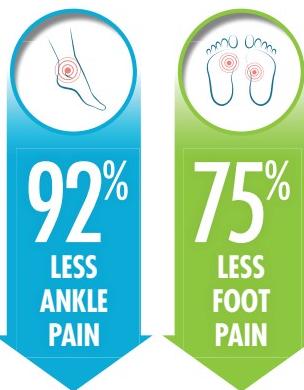
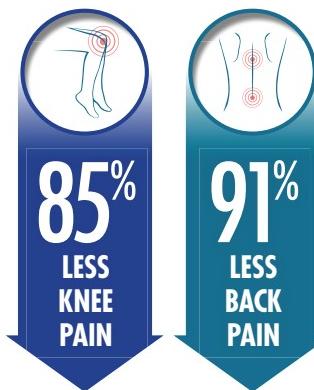
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